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CLOTHES PROCLAIM THE MAN

DEAN RENWICK IS REGINA'S OWN
LOS ANGELES FASHION DESIGNER

P. 6

FREE

CITY NEWS

PRAIRIE SPRUCE COMMONS

Co-housing project a community of co-operation

By Rikkeal Bohmann

Canterbury Park in Regina could soon be home to the city's first co-housing community.

Co-housing is a community-based housing arrangement in which each homeowner has a small, privately owned unit and residents share common spaces — such as kitchens and dining rooms.

Prairie Spruce Commons Co-housing hopes to build about 30 units, in a condominium-style building, completed in early 2015. There are currently 34 future homeowners in wait.

Dore Larson said co-housing seemed right for him after visiting homeowners that interacted with their neighbours as much as anyone. He said co-housing communities have a small-town feel where co-operation is a given.

Though each unit will be fully functional on its own, Prairie Spruce plans to have a common kitchen and an oversized dining room in which residents can gather and share meals together. Other rooms and a playground will be available. The initial design also includes a community parking.

Co-housing units tend to be small or because of the common facilities offered for the community's use.

Two years ago, Susanne Bender didn't know what co-housing was, until one day she heard a radio report about it.

Heiring co-housing communities are normally environmentally sound, sustainable dwellers in. At the time, she was living in a large house, living an empty nest.

At first, Bender was apprehensive about the community aspect of co-housing but then she started attending meetings.

"Because I'm an introvert, I was thinking this wasn't for me. But they had potlucks, every general meeting was a potluck and it was just so welcoming. As a widow, that community really feels like another family," she said.



Susanne Bender left and Dave Larson stand on the piece of land where Prairie Spruce Commons will be built in Regina. The location is one block east of Broad Street on Saskatchewan. GC PHOTO BY TERRY JENSEN

She is now a member of Prairie Spruce.

"I went into it because I thought it was a lighter footprint, but the environmental community really was my own," said Bender.

Bender said that co-housing can make childcare easier for parents, with more adults available to help out with children.

Resources can be cut back and shared among residents.

"We don't need 30 lawn mowers," said Larson.

A car share plan is being dis-

cussed, though each unit will have a designated space for a vehicle. The area is also within walking distance to nearby services.

"Making do with a lot less is also environmentally friendly," said Larson.

There are currently 31 completed co-housing communities in Canada. Saskatoon is home to the only one in Saskatchewan: Wolf Willow Co-housing. A second one in Saskatoon, geared toward younger families, is also in the planning stages.

Wolf Willow is aimed at seniors,

while Prairie Spruce seems to be home to singles, families and couples.

"We really want to make it an inter-generational, inclusive community," said Bender.

Another unique feature to the community is the decision-making process. Decisions for the community are made by members using coloured cards. Red means blocked, yellow means OK, but not completely satisfied. Green means go.

The biggest challenge for Prairie Spruce was locating the land.

"In Regina, it was pretty much

impossible to find any land that's not earmarked for developers," said Bender.

Units of Prairie Spruce will cost about 15 per cent more than conventional units in the city as buyers will be paying for their own space, plus the shared spaces throughout the building.

Although Larson admits this form of housing is not for everyone, he said Bender agrees there is a place for co-housing in Regina. She said Prairie Spruce can set an example for future co-housing communities in the area.

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ON THE COVER P. 6



Dean Benwick departs evening at screen and went to Los Angeles for fashion design school. He's a former model for his own brand and for his own brand. He's a former model for his own brand. He's a former model for his own brand.

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MY FAVOURITE PLACE P. 5



Jan Shihara uses a sword at the Canadian Martial Arts School for his favourite place in Regina, where he has studied kung fu for the last eight years. qc photo by Don Healy

QC COVER PHOTO BY DON HEALY

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IN THE CITY

FEBRUARY 12, 2014 — 11:21 AM.

By the book



Kathleen Berns (left) at Regina Public Library with Kim Blanton picks out *There's No Such Thing as a Dragon* by Jack Kent to read as an upcoming storytime session. GC PHOTO BY DAN HEALY

YOUR FAVOURITE PLACE

QC wants to hear about your favourite place in Regina? Email qc@leaderpost.com

MY FAVOURITE PLACE

Kung fu school teaches hard work

By Rikkeal Bohmann

Jon Shipek has been studying at the Canadian Hung Kuen Kung Fu School for eight years. Located on South Street, the school has taught Shipek a philosophy of hard work, which keeps him coming back each year.

QC: When did you start studying kung fu?

A: A couple years after university. My friends were looking at different martial arts in the area to go to. I hadn't done any physical activity since high school, so I joined with them and I fell in love with it and stuck with it ever since.

QC: Why kung fu and not another style of martial arts?

A: A lot of it is just has to do with a lot of the people who are there. The other students who are there, you bond with them. At that point you learn more and more about the martial art itself.

QC: Are there different levels in kung fu?

A: Yes, sort of. Traditionally, everyone is familiar with the black belt system and there are the different colours those come from the Japanese systems. Traditionally, kung fu didn't have a ranking system, but over the years, the way that modernism have developed their association with martial arts, schools have integrated their own systems.

QC: Are there different styles of kung fu?

A: There are four and four of different styles. It's a Chinese martial art. The style we practice is Wing Chun that originated in southern China. There are five different animals it bases its movements off of. There is the dragon snake, crane, leopard and tiger. Also, they have five of the Chinese elements, which are wood, water, fire, earth and metal. Those five principles interrelate into it.



Jon Shipek uses a sword at the Canadian Hung Kuen Kung Fu School in Regina, where he has studied the martial art for his last eight years. QC PHOTO BY TROY FLETCHER

ground base of all the things you do

QC: Do you spar in kung fu?

A: Yes, sparring is done somewhat regularly. There are different variations. You can work on a specific drill and partner up with someone, to get an understanding for the different techniques. From there, it builds. You can do a free sparring, light contact,

open hands, just getting comfortable with the person. Then there are times when you gear up with equipment and see what you can do. It depends who you're with, though. You take an understanding with some people who only want to get so much out of it, so you respect how hard they want to go. I guess the rule that our sila always says is you always want to hit as hard

as you want to get hit.

QC: What's kept you coming back each year?

A: My sila actually tells me that a lot. I'm not sure. It's just something I sort of fell in love with. There's a huge area of learning and stuff you didn't think about. There's a philosophy to it that helps and applied to everything you're

doing. Kung fu translates loosely to meaning hard work. There's the mindset if you want something done, you just put to do it. If you want to learn this thing, it's a lot about repetition. If you want to learn a form or technique, there are no short cuts. You have to put the time in and do the work. Once you see that, it spreads to every thing you do.

ON THE COVER

I always felt the good Lord gave me a talent.

—Dean Renwick

■ REGINA FASHION INDUSTRY

Renwick was destined to design



Dean Renwick, the grandfather of Regina's fashion industry, opened his studio in the city's downtown 40 years ago after coming back home from Los Angeles. QC PHOTO BY ASHLEY MARTIN

By Ashley Martin

Ruby Hastings taught her grandson to sew on a treadle machine. He was seven years old when he learned to hand craft Barbie clothes, at the feet of his mother Pat Hastings.

Looking at those first designs years later, Dean Renwick recognized the

quality of his work. He did French seams. He stitched things properly.

"It's just something that's kind of inherent in me."

It's no wonder he's a designer to day.

In Grade 10 at Central Collegiate, he was already thinking past his school year, he went off the fashion school

prospects. Though the schools all told him to write back in Grade 11, he narrowed his options to three: Los Angeles, New York and Dallas.

With glasses on his nose, he headed to the Fashion Institute of Design & Merchandising in L.A. after graduating in 1969.

In L.A. he got his tea leaves read

The women, who wanted Money Design as a closet, told him he was in his sixth life as a tailor. Believeable.

She also told him he was addicted to something while he didn't know it at the time, but it was true.

An addiction to crystal balls ultimately brought Renwick home, to

become the "grandfather" of Regina's fashion industry.

This spring he's celebrating the 30th anniversary of his nation design studio.

"No regrets," says Renwick. "But there for the grace of God go I, I could have died but the Lord had something better for me."

I maintained my balance because I loved what I did and I enjoyed working, but I loved partying, too. Eventually it caught up with me. — Renwick

At Anne Woods, he designed custom clothes for rich clients — Wilkes Butler's family, Betty Midler, the wives of Guns N' Roses members. There, he learned the importance of fit, something he didn't learn at school. "A half an inch on the length of a skirt can make or break a woman's legs."

At 26, he interviewed for his dream job, working for Bob Mackie. He'd always admired Cher, one of Mackie's star clients. The company refused Renwick because he had too much personality. They couldn't overlook the fact they'd have to break him of habits he'd already learned, even though he was willing to accept a 47 per cent pay cut.

"I was in agony."

But the friend he recommended was hired. Through him, Renwick learned to build poses.

"It's such a lost art, everything is done by hand and that's what coaches do."

When he was 26, he started doing with again.

Renwick was working as a pattern maker for Spadeck, a skate-wear company. They started the heavy skate look — the size 36 pants with a 32 in. belt.

To get a sense of the scene he was designing for, he began frequenting dance clubs. It was there that his crystal meth addiction began.

He kept it recreational, Saturday nights out with friends. But "after a while it just overtook your life, little by little."

He worked five years while high.

"I maintained my balance because I loved what I did and I enjoyed working, but I loved partying, too," says Renwick. "Eventually it caught up with me."

He was partying almost every night. He'd work from 7 a.m. to 10 p.m., then go out and not sleep. That was his cycle. Every now and then he'd crash in some strange places, like under his cutting table at work.

"That's life. The longest I went was five days without sleep."

Reaching an estimated 160 pounds, Renwick thought he needed to remember to eat.

In March 2007, he was living with his dealer. He came home one day to find his roommate in handcuffs in



Dean Renwick spent a custom shirt made to his size by a client (below) as a demo of his design. He wore it under the *Monty Python* last November, a landmark for him as a fashion designer. (COURTESY OF DEAN RENWICK)

front of their house. He watched it go down from the next block.

Restrained to be out by 9 a.m., the next day he arrived at 31 to find the remnants of his things being picked over in the street in front of his building.

He salvaged his sewing machine, then couch surfed for a few weeks.

Awaking from a long nap underneath his boyfriend's dining room table, he was handed a plane ticket home. Unbeknownst to Renwick, and to each other, his boyfriend and

his seamstress had each called Renwick in Regina, telling her that Dean needed help.

It was the first word she'd heard from him in two years.

"I figured that he was in trouble," says Pat. Every piece of mail she'd sent him had returned unopened. Her brother had planned on going to L.A. to look for him.

"It was like a weight off my shoulders," says Renwick, who'd known for a year he needed to change his lifestyle. "I didn't fight it."

He figured he'd come home, about spent good cash, had he never returned to L.A.

April 18, 1997, he arrived in Regina. He had changed so much. Pat didn't know who he was until he opened his mouth.

He got crystal meth, cold turkey and slept through most of the first year. He ballooned to 300 pounds in a matter of three months.

He hated being back. But the like ordinary changed that.

After the first year spent working

through depression and breaking, he got a job working on a TV show. Incredible Story Studio, in a buyer in the wardrobe department.

He didn't have a dressers' license, but his nose had no qualms about playing chameleon.

"You just do it. It's your job. You do what's necessary," she says. Besides, she wanted him to realize he had a future in fashion in Canada.

The job brought him back to reality. He met his first friend, costume designer Brenda Sklarber. She hired

I left Regina to work in movies and glamour ... To come back to that here blew me away.
—Renwick



Dean Renwick helped design the iconic blue bowling shirt worn by Dean (left) on the TV show *Corner Gas*. FILE PHOTO

"He was such a great creative spirit, a great worker, very talented," says Blesher. "He's a master tailor, master cutter. He never found anyone like him in Canada. He's completely unique."

Together as *Corner Gas*, they designed Doris Bette's bowling shirt.

"That is an iconic piece of Canadian history that I would never have done in Los Angeles," says Renwick. "I left Regina to work in movies and glamour. To come back to that here blew me away."

Even though he officially got out of the film industry in 2003, opting to open his own studio, his absence in the past two years has been a blow to Renwick's business. He was often hired by costume designers to do alterations; he estimates he's lost upwards of \$6,000 a year in income with the loss of the provincial Film Employment Tax Credit in 2003.

■ ■ ■ ■

Renwick had always admired the way was.

down on South Street. Formerly the home of Peorlesse's dress shop. But when his friends offered to open their apartment on South Street as a studio space, his first inclination was to turn it down. He quickly relented.

In September 2003, they began renovating and he opened his doors in November. He counts his anniversary from the date of his first *LeaderPost* write-up.

A column by Irene Selinger dated May 28, 2004 told the story of "Renwick's Fancy Gals' shop."

"I'm the grandfather of the Regina fashion industry, he says laughing. "I'm the first one that opened up a shop."

Over the years, he's made a name for himself designing custom clothes and gowns for women. He also does men's suits, upholstery for home decor, styling and closet relabel.

He cites the dress. Give a man a fish and he'll eat for a day, teach a man to fish and he'll eat for a lifetime.

Continued on Page 10

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No regrets. But there for the grace of God go I. I could have died but the Lord had something better for me
— Renwick

"It's the same with women, you show them what works for their body because there's so much crap out there."

He's selfless and quite egoless, which makes his charitable return to his true self again because it's more about them than it is about him," says Stetson. "He's like the voice for the women."

Renwick has gone of himself through charitable efforts — his Mountain Bush in November raised \$10,000 for the Prostate Assessment Centre at the Pasqua Hospital. He donated his time and designs to assist in other fundraising efforts.

He also mentors young designers through Internships, mostly former Saskatchewan kids who want away to study fashion.

Matthew Donnelly was a standout.

During his Grade 10 year at Lethbridge, he'd spend hours every day after school learning to make patterns, drage fabric and sew. Renwick helped him produce a 10-outfit collection for Power of Pink in 2006, his graduation year.

Donnelly continued working with Renwick during his summer break from Stetson's Western University where he studied fashion design.

Now working in New York in costume design, "I still come back to those experiences with him, the knowledge that he bestowed upon me," says Donnelly.

"We were such a good team together," says Renwick.

But Renwick encourages students to leave the province to spread their wings.

"You need to work where the industry is and you need to learn from as many different designers as you can," he says. "You just get a better education."

Every young person he takes to ... can find a piece of themselves in Don's story," says Stetson. "I think he brings that to his young people he keep on going no matter what the obstacles."

"He's not afraid of sharing his struggles, but not to be self-centred about it or put it ahead of it, but to inspire others to have hope and to keep on going."



Mark Donnelly, a designer, Don Renwick mentors and pattern pieces onto mesh for a women's jacket. QC PHOTO BY DON HESLEY

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He's not afraid of sharing his struggles, but not to be self-centred about it or pitiful about it, but to inspire others to have hope and to keep on going. — Shenher



David Revnick contracts design work. QC PHOTO BY JONATHAN

From his studies, Revnick has enjoyed watching Regina's fashion industry change.

The city's style is evolving. Proof is in the many locally owned boutiques and boutiques on York Street, which is hosting its third annual May 1st, Revnick sees the second time this year.

But the city's development is the lack of a fashion hub, he says.

He sees the Warehouse District as an ideal spot behind the Decade bar strip.

"People like to see, eat, socialize, go and move in there and create a great shopping area," with coffee and nightlife. It's a walkable area.

But as the downtown, "One-way corner is a big empty hole in a space. There's nowhere the boutique style shopping in the city."

That said, Revnick's studio is smack in the heart of downtown. He's seen boutiques like Aris, Stella & Lucy, Zee's and Blue pay up around him.

"It's amazing how he's able to build a

business. It's such a testament to his character, his business, his design sense," says Denault.

Revnick's next step is to devote from his custom work designing ready-to-wear clothes to be sold in stores. Studio is in east Regina is his first location.

It's a new challenge. Custom work means starting from scratch, doing mockups in muslin and several fittings to suit an individual. With ready-to-wear clothes, it means fitting things to a standard size to sell off the rack.

"Ready to wear is where you really get to find out who you are and who you want to design for," says Revnick. His ideal client is a woman, 30 or older, with a sense of self, security and a good sense of style.

He'll be in short selling across Canada, but is unsure where to go from here.

"All I know is I have no personal and I'm 30 years old and I've got to do something about being senior as I get older. The cost of living and just being alive in this city and this world has quadrupled in the last 10 years."

He lives with his fiancée, Lisa, but his fiancée won't be happy to expand his family beyond that. Besides, he knows his work.

Says Shenher: "It's not about him or any sense of pretension or any desire for celebrity or anything other than just the pure joy of creating something, a garment that that person will have for a lifetime."

She knows him to design goods like Alexander McQueen, Hubert de Givenchy and Karl Lagerfeld.

"He would have been a name like that but his path takes him to Europe," says Shenher. "We are fortunate to have that outfit in Saskatchewan. It will forever be grateful to him for making us a better designer."

And he's just a great guy to tag it off. As a friend, he's a great designer, offers good advice, and brings joy to every situation, she says.

Adds Denault: "One of the greatest people that's ever walked this planet, really."

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Sleeping with Rhinos chronicles spectacular places

The two lion master stories at us through the front door at our tiny tent, its long narrow hairs pointing like a dagger. If that's not enough to stir us from slumber, fear of its loud chases have us surrounded. Without warning a scuffle breaks out, sending hills of ground flying against our tent. Never again will we complete about not getting close enough to rhinos.

It was that incident while camping in South Africa's Mosalele National Park that inspired the title of our latest book *Sleeping with Rhinos — Journeys to Wild Places*. It deals with 10 of the world's most spectacular wild places that we have visited over the years while working as travel writers and photographers.



Robin and Arlene Karpan

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with baby hump seals on isolated ice floes. Watch the sun rise over the world's largest and most colourful sand dunes in the Namibian desert, then venture to the Athabasca Sand Dunes where rivers flow through the world's most northerly dunes. Trek the Red of Africa in northern Rhodesia where barbed potholes home over chains dragging into oblivion. Ramble through the wilds of Príncipe, endure the infamous Drake Shake — an escape to Antartica, and pursue over treacherous expeditions on Easter Island.

Our adventures range from close encounters with Africa's Big Five to wilderness moments while living in an igloo in the Arctic, a Bush Band in the Kalahari Desert, and an attack

by a hot-tempered moose. Along the way, we find wild places relatively untouched by our rapidly changing world, and others teetering on the brink.

An underlying message of the book is that the world's special places and special wildlife will only survive if people know about them and care about them. Above all, *Sleeping with Rhinos* is an escape from our increasingly over-crowded, over-stimulated, and over-extended world to extraordinary corners of the globe where wilderness is still valued and Mother Nature still has some clout.

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SASKATCHEWAN FASHION

Krystal Manwell: Fashion with a northern influence

By Michelle Berg

Krystal Manwell was born in Sioux, N.W.T., and has been living in Saskatoon for the last two years. She is finishing her degree in psychology at the University of Saskatchewan and plans on moving back north to develop programs and workshops to help youth with seasonal affective disorder through art, psychology and her past experiences.

Manwell's winter attire is influenced by her northern upbringing where everybody wore thermal underwear, big Soviet boots and down-filled jackets. She still wears thermal underwear almost every day.

"In the city [Saskatoon] when I was into wearing mini skirts while it's -40 degrees outside it's more laughable than it is fashionable."

Manwell admits she has a thing for leggings and leg warmers and that they just serve a purpose.

She believes it's important to stay warm instead of looking sexy, especially during the winter months since she spends a lot of time outdoors.

She also enjoys Saskatchewan's sunny winters.

"At home it was always dark. It's cool to see the warm and cold at the same time with the sun."

She goes snowshoeing, skiing and takes her dog Kolbe to the dog park multiple times per week.

However, Manwell sometimes finds it hard to fit in fashion-wise. She has beaver mittens that she's worn since she was 13 but doesn't wear them here because she doesn't want the (sometimes negative) attention.

"Turn a big in the north but may not be socially acceptable in the city," she explains.

"I grew up where mukluks were kind of mandatory because you need them to get around where as here people wear mukluks and mini skirts."

She's used to 60-year-old elders wearing mukluks and now 18-year-old college kids are wearing them — even in the summer.

"It's kind of strange and almost a weird slip in the foot to the culture."

When it comes to fashion, Manwell believes that everyone makes their own and that your family background has a lot to do with it.

"I don't think of it (what you wear) as fashion but as more of a lifestyle. Sometimes you just wear what you wear because you want to be warm."

"It's kinda you warm, wear it!"

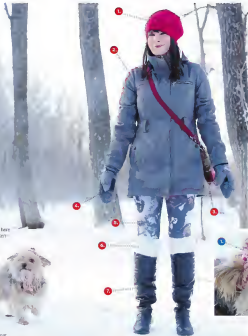
Outfits:

KRYSTAL

1. **TOQUE:** Dawson City thrift store
2. **JACKET:** Rick's Good-for-40 Cweather
3. **PURSE:** Coach (Christmas present from mother)
4. **MITTENS:** Hot pants
5. **LEGWARMERS:** Christmas present "they have wolf faces on them, reminds me of home."
6. **LEG WARMERS:** Christmas present from her sister
7. **BOOTS:** Le Chateau

KOLBE (DOG)

1. **TOUGH:** from Peru



Krystal Manwell and her dog Kolbe snap warm snaps at the Dutch dog park. QC PHOTO BY MICHELLE BERG

SPACES

Do you know of an amazing space in Regina? Tell us about it!
Email QC@leaderpost.com.

REGINA'S BEST SPACES

Modern family home has open feel

By Ashley Martin

WHO? The Luke family — Tyson Brett and their two children

WHAT/WHERE? Their new home in east Regina's Greens on Garden subdivision

WHEN? They moved in four months ago. It's the third house they've built together

WHY? "We really enjoy the process, the designing and picking and all that," says Brett.

The couple wanted a bigger house to start a family and "to build something almost the same price as a 1960s bungalow that needed lots of work."

They drew up the floor plan themselves and built with Trade-mark Homes, where Tyson works as construction manager.

"We really wanted something with open living space that we could have lots of people over and yet still have a homey feel to it."

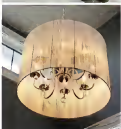
"We wanted it to feel open and simple, we didn't like a lot of clutter," adds Brett.

HOW? The colour scheme is a far cry from their last three homes. The first of which was a redbrick in Ashgrove Place.

The entire house has a light neutral palette, with greys and whites. Their last homes were done in darker colours.

Keeping it neutral allows for accents pops of colours when Brett gets bored, which she says happens often. "I wanted to be able make sure we could change it if we needed to."

Walking floors offer warmth and comfort. So does the master bathroom door made from 100-year-old barn wood from Brett's family farm.



SPACES

The design is the same as their last build, with high vaulted ceilings and lots of natural light. It's an ecological home space-wise, making good use of all 1,400 square feet.

"We don't ever want to have a room that we're not going to be using all the time," says Brett. "Opting up all the vault areas, there's lots of bright everywhere... It's kind of created that huge open feel."

"It feels bigger than it is."

The children's bedrooms and bedrooms, up a short flight of stairs opposite the master bedroom, are removed from the main living space. They're built above the garage.

The house was insulated with sprayfoam, which allowed for higher ceilings in place of attic space. A large, covered, screened-in dock off the kitchen is another feature they love.

Through, "I wish we were taking about a mile and the next build, Brett is happy where they are. I don't plan on moving anywhere."



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EVENTS

MUSIC

Wednesday, Feb. 10

Ryan Adams
Creative Arts Centre
220 Lakeshore Ave.

Wednesday Night Polk Kettler & The Curiosity Club
Bushman
2200 Dewdney Ave.

Waytork Weekenders with Leah & The Cobles
McNelly's, 2226 Dewdney Ave.

Friday, Feb. 11

Zakk Wylde
The Exchange, 2431 Eighth Ave.

Go for the Eyes, The Porters & Hides
O'Hare's, 1947 Seath St.

Wendie and McNelly's, 2226 Dewdney Ave.

Chilwek
Creative Arts Show Lounge
6500 Saskatchewan Dr.

Saturday, Feb. 22

Israel and Fauré
Regina Symphony Orchestra
8 p.m., Government House
4507 Dewdney Ave.

The Estates, Coldest Night of the Year, Tenbaird
The Exchange, 2431 Eighth Ave.

Wendie and McNelly's, 2226 Dewdney Ave.

West Nelson
Creative Arts Centre
1643 Hamilton St.

Kat Danner
8 p.m., The Arden, 2627 12th Ave.

Sunday, Feb. 23

Israel and Fauré
Regina Symphony Orchestra
1:30 p.m., Government House,
4507 Dewdney Ave.

Influence
Regina Philharmonic Chorus
7 p.m., Regency Ballroom,
Hotel Saskatchewan, 2125
Victoria Ave.

Monday, Feb. 24

Monday Night Jazz & Blues
Call Me Midy
Bushman
2206 Dewdney Ave.

Weekly Drum Circle
Instruments provided
7:30-9 p.m.
The Living Spirit Centre
2018 Dora Dr. Call 306-550-
1061 for info.

K.O. & Friends featuring music by Ollman
Monthly Old-Time Dance
Party
Cedar Regina Show Lounge
1650 Saskatchewan Dr.

Tuesday, Feb. 25
Southwest
Lakeland Tap House
4025 Gordon Blvd.

Black Harris Jazz
Performance Theatre Italia
2215 East Quince

ART

Edison Addition
Featuring a signed edition
of the limited edition
print: the edition number
works in the exhibition were
chosen solely for their addition
to the work.
Until Feb. 23, Mackenzie Art
Gallery, 3475 Albert St.

Big Clay
Considering clay on scale
beyond the usual.
Until Feb. 23, Mackenzie Art
Gallery, 3475 Albert St.

Walking Lines/Sketches

Collaborative works by artists
Rachael Knapack & Thelma
Neufeld, unconventional landscapes
of the prairie.
Until March 3, Art Gallery of
Regina, 161 Bellford Circle Arts

Centre, 2420 Elgincliffe St.
Louise Cheney and Kaitiaki
Kaitiaki's House
Until March 6, Dunkin Art
Gallery - Silverwood Village
Branch, 4011 Woodbine Blvd.

Reynold Pilbreg: The Mountain
of Fables in Art
Until March 31, RCMP Heritage
Centre, 5907 Dewdney Ave.

Contemporary Canadian
Perspectives
The Artists of Scott Nicholson
Fine Arts
Until March 31, Government
House, 4507 Dewdney Ave.

Deville Cohen: Photos
Black-and-white series in-
cludes creative design, fragile,
and clearly theatrical stage
settings for an 18-minute
video.
Until April 3, Central Library
Mackenzie, 233-033 Ave.

Art Juxtaposition: Re-Inventing
Consumption
A three-room installation fea-
turing a collection examining
creation and consumption
Until April 3, Dunkin Gallery,
161 Central Library, 233 0th
Ave.

Shirin Nefzaoui: Soliloquy
A short monologue video installation
by world renowned
Iranian-American artist Shirin
Nefzaoui, complementing the
work of Saskatchewan film-
maker and video installation
artist Amyrle Adams.
Until April 27, Mackenzie Art
Gallery, 3475 Albert St.

Rebecca Steinhilber: The Gr
and's Dance
Performance installation
explores the relationship be-
tween personal belief and
organized religion. Programmed
in response to Soliloquy by
Shirin Nefzaoui.
Apr. 20-May 6, Mackenzie Art
Gallery, 3475 Albert St.

Canadians

What does it mean to be
Canadian? A celebration and

examination of our country's
landscape through real and
inspired images of the Cana-
dian landscape by Canadian
artists including Augustin
Kandarian, Dorothy Knowles
and Ernest Lutz.
Until June 16, Mackenzie Art
Gallery, 3475 Albert St.

Artsite Artistic Live on the
edge of disaster and imagines
we are in a musical
Video installation highlighting
the work of Saskatoon film-
maker Arlene Adams.
Until June 16, Mackenzie Art
Gallery, 3475 Albert St.

Contemporary Canadian
Landscape and Place
The Artists of Scott Nicholson
Fine Arts
New exhibitions quarterly
Until July 31, Regina Centre
Creative, 161 Bellford St.

Contemporary Canadian
Landscape and Place
The Artists of Scott Nicholson
Fine Arts
Sask Centre, 2055 Albert St.

Asinibolok Gallery
2266 Smith St. Open Tuesday
to Friday 10 a.m.-5:30 p.m.,
Saturday 10 a.m.-5 p.m.

Norman Gurney
2160 Albert St. Open Tuesday
to Saturday, 10 a.m.-5 p.m.

Oakland Golf and Fine Arts
Oil and ink paintings by Chi-
nese artists Unkiao Jeng and
Huey Tien.
2170 Smith St. Open Monday
to Saturday, 10 a.m.-5 p.m.

COMEDY

Comedy Improv
Feb. 19
The Arden, 2627 12th Ave.

THEATRE/ DANCE

Wingfield Look and Found
Until March 2
Globe Theatre, 1601 Seath St.

How to Give Feedback

What you need to know to plan your week.
Send events to QC@leaderpost.com

Workshop for poets and performers
Every Thursday, 7-9 p.m.
Creative City Centre, 1643
Hamilton St.

Ventrone: The Sounds of
Music
Feb. 21, June 13
Applicant Centre Theatre,
lower level, 1975 Seath St.

2nd Annual TPO Poetry Slam
Feb. 21, noon-3:30 p.m.
U of T Education Building,
room 228

SPECIAL EVENTS

Making a Impact Workshop
Talk to 10 people making
change in their community.
Feb. 26, noon-3:30 p.m.
Core Ritchie neighbourhood
Centre gym, 445-16th Ave.

Telco 2014
Feb. 21, 8 p.m.-midnight
Feb. 22, noon-midnight
Feb. 23, noon-5 p.m.
Creative Arts Centre

Regina Patis vs. Victoria
Feb. 21, 7 p.m.
Sourd Centre, Elvira Place

Macroe Regina Field Trip
Goose Hill Park and Quinn
Drive Back Alley
Feb. 22, 9:30-10:30 a.m.
Meet at the Science Centre
parking lot, 2000 Powerhouse
Dr.

Heritage Language Day
celebration
Cultural food, dance and per-
formances.
Feb. 21, 1 p.m.
Saskatchewan College Auditorium,
1245 College Ave.

Regina Arts vs. Calgary
Feb. 22, 7 p.m.
Sourd Centre, Elvira Place

Valentine's Silks Puppet
Feb. 23, doors at 10 a.m.
Regina Shopping Centre
1928 Melville Ave.
Call 306-122-5035 for registra-
tion and details.

Preserving social connected-

ness through technology
Feb. 25, 10:30-3:30 p.m.
University of Regina, RMC 4281

Regina Patis vs. Larchburg
Feb. 25, 7 p.m.
Sourd Centre, Elvira Place

NEW MOVIES

Pamper
Action
In 1942, a slave-turned-slave-
master (Milla Jovovich) must
save his true love (Candice
Bryer) from a war-torn
land. The daughter of a
wealthy merchant who has
been betrothed to a corrupt
warrior, she must fight his
way out of the arena to
save his life.

3 Days in K&L
Thriller
An elite government hit man
(Kevin Costner) leaves be-
hind a terminally ill wife and
daughters to finally build a
relationship with his as-
saulted wife and daughter
but when his agency offers
him a potentially life-saving
drug in exchange for his
last mission, he must juggle
his wife's outburst.

Gallaxy Cinema
204 McCarty Blvd. N.
306-522-1095

Complex Odors
Southland Mall Cinema
3025 Gordon Rd. 306-525-
3343

Regina Public Library The-
atre
2311 12th Ave., 306-777-6104

Knoxman
2003 Powerhouse Dr.
306-522-6529

Redwood Cinema
Golden Mile Shopping Centre
3806 Albert St. 306-358-
5250
Event listings are a free, on-
line service offered by QC
Listings will be printed if space
permits.

OUTSIDE THE LINES

Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages. Children can colour the page, have a picture taken with the finished product and email it to op@leaderpost.com. One winner will be chosen each week. Please send high resolution pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Eric Fleming**. Congratulations! Thanks to all for your colourful submissions. Try again this week!

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SHARP EATS

SASKATCHEWAN FOOD TRENDS

Traditional bannock moves into the mainstream

By Jenn Sharp

Many cultures use bagels, to a traditional flat, quick bread or pastry of some kind.

Bannocks are the stuff of leg ends in the Manitoban community where I attended high school. The deep fried pastry, which puffs up and fills with bag air pockets during frying, is commonly served with watermelon, spring and/or sausage.

As a kid, what can best be described as a fried bread stick, or Chinese doughnut (youtiao) known by various names (in Thai land it's perhaps the best), the solid doughnut is served mostly at breakfast with min margin or soy milk for dipping.

Canada's First Nations and Métis have delicious bannock, which was first introduced to Canada by the Scottish.

All of these breads are equally delicious for use as a staple. Flour, water, shortening, salt and sugar is all it takes. As StarPace, an food columnist Amy Jo Elton notes recently the traditional bannock ingredients were enhanced to make a lighter. Duffler bread was the advent of baking powder.

Bannock is popping up frequently in restaurants serves in Saskatchewan. Two-baked bannock dishes made from bannock, often with rabbit and root vegetables are also becoming more common. The Golden Cask in the Saskatoon has offered several choices thanks to creative chef Doug Hyslop's Saskatchewan background.

Manitoba's Heritage Park restaurant is a lengthy list and offered place to sample bannock and sausage. The bannock here is duffier than anywhere else I've seen and comes in a generous portion alongside a robust serving of bannock and rabbit stew both hot or with the soup of the day for \$7. Accompanied by a cup of mint tea (described as an "internal

cleanser") by the charming resident baker, it makes an affordable filling treat.

The Halls is bannock for bannock in Regina, try the Bannock Junction Gas and Convenience Store, located west of the city on Parker Road. Bannock's Art, Cakes, pastries of the Four Winds Group) Helioship, supplies the fried bread fresh every morning.

The Halls in Saskatoon has fried bannock and homemade preserves on the menu as well. (It's whole Wild Oats Catering at the Saskatoon Farmers' Market has a huge baked slice of bannock and butter for \$2.

I heard recently that Big Al's has the best bannock in Saskatchewan. Made fresh every morning, it's often sold out by midday.

The jovial Allan Petersen opened his restaurant last May. It's located in the First Greek Gas station at the corner of 30th St. W and Ave. P in Saskatoon.

His bannock is good enough that he's the first one many schools call to order. First Nations first days life's even covered a traditional wedding service or two.

Petersen learned his bannock making skills from his Métis parents. He perfected his culinary skills through decades in the restaurant industry most recently at Delta, Diner's Corner.

Big Al's menu single, the fried bannock, was recently a first saved for special occasions in the past. Baked bannock, prepared in large waffle wheel shapes, was the norm.

He sells fresh bannock as well, often adding fruit or drizzle that he'll make a hot cross bun version at Easter. When onion or stew is in special, a six-ban bannock serves as a treat.

Have you tried bannock in a Saskatchewan restaurant worth writing about? Drop me a line.

Twitter: @jennsharp
Twitter: @jennsharp



The fluffy bannock and bean soup from Waffle Wheel in Maple Park, south of Saskatoon. QC PHOTO BY MICHELLE BING



Waffle Wheel's bannock and bean soup is a lunch or dinner treat. QC PHOTO BY MICHELLE BING



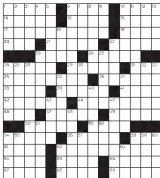
Bannock and bean soup is a lunch or dinner treat. QC PHOTO BY MICHELLE BING

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Hunter John ____ Actor
 6 Musical closing
 10 They sealed sides
 14 Inexpert
 15 Inexpert under deadline
 16 Not many
 17 It's all about location location location
 18 Kansas City only
 20 Cautions for aphids
 21 From city
 22 Inexpert quality
 23 Humorous-sounding
 24 Willpower
 26 Growing cool
 28 Admit
 31 Where House Judiciary sits
 34 Philosopher who wrote "It is difficult to find fault from this chair; they're not!"
 36 Angela's Ashes? for me
 38 Wind of "takeaway"
 39 Tosses her for the fanners
 41 Ties
 42 History
 44 Pretends to be lying to
 46 Paddy MacIntyre ____



DOWN

- 1 Term
 2 Vicinity
 3 Chicken's place
 4 "Harvard" in South
 5 Newsweek's Willard
 6 Southern tip of South America
 7 Faculty respecting
 8 City near Wright-Patterson Air Force Base
 9 Southern letters
 10 Count of music
 11 Occurs on the semicircles and acorns
 12 Shaded

- 13 Off balance
 14 Cover girl Gertie
 15 Brooklyn, e.g.
 16 "Close with love" (singer)
 17 Mice
 18 Ornament
 19 Mice
 20 Soup food ingredient
 21 Term: immune (adj.)
 22 Inexhaustible
 23 Solid piece
 24 Mice
 25 Like some ancient systems
 26 Both in the touch
 27 Building on it
 28 In the touch

Photo: iStockphoto.com

- 29 Use of greeting cards called as "the day of the calendar"
 30 Hour as when
 31 Report
 32 Some
 33 (adj.) that prepares food maps
 34 (adj.) that
 35 Andria beach offering
 36 (adj.) of Normandy
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JANBIC CLASSIC SUDOKU

Level: GOLD

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 23.

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ON THE SCENE

#NDH PRAIRIE DANCE CIRCUIT

New Dance Horizons' Prairie Dance Circuit premiered two new dance works at the University of Regina Riddell Centre on Feb. 13.

David's Monk's Dream Pavilion (from Calgary), featured two dancers drawing from the art of Japanese netsuke. Regina's Johanna Buntion and Bee Pallomina's latest collaboration is a wintery duet called the understory. The Feb. 14 matinee featured School of Contemporary Dancers' students in Between The Eagle, and The Monkey instead of Dream Pavilion.

1. Bee Pallomina (left) chats with Timothy Murphy after the performance

2. (From left) Suzanne Campagna, Robin Poitras and Amber Goodwyn

3. David's Monk (left) chats with Krista Solheim after the performance

4. (l-r) Yvonne Chartrand, Marcus Menesty and Modesta McKenzie, Vets dancers at the performance

QC PHOTOS BY BRYAN SLOSSER



ON THE SCENE WINE WORLD

BY JAMES ROMANOW FOR THE NEW YORK TIMES. PHOTOGRAPHS BY JAMES ROMANOW FOR THE NEW YORK TIMES. PHOTOGRAPHS BY JAMES ROMANOW FOR THE NEW YORK TIMES.



NERO D'AVOLA

A taste of Sicily in this even-tempered wine

By James Romanow

To be a wine connoisseur, you need to suffer a form of Attention Deficit Disorder, which means you get bored with a wine easily and move on quickly. This gives you an edge in adopting new brands because you are likely to have been there and done that by the time the general public catches on.

If you read this much on yourself, or talk to winemakers and their ilk, you will have heard a couple of themes in the last two years. Sicily and Spain. Some of this is just the thrill of discovery but a great deal of these wines appeal to their sheer drinkability and decent pricing.

These are wines you can drink casually because they have a robust body good acid and a smooth finish, all of which allow for several years of aging and easy pairing with pretty much anything.

Nero d'Avola is native to Sicily and was, until recently, only found in Italian restaurants with Neapolitan or Neapolitan accents. (Billionaire New York were great fans of the wine.) It is a wonderfully even-tempered wine when well made. The fruit is present, the tannins are nicely in the background and it's just bright enough to keep you drinking the stuff all night.

I has been slowly gaining traction in the wider market place and I was extremely



pleased to see a bottle that wasn't a blend hit the shelves. Albano Santa Anastasia is a lovely balanced wine made by winemakers who care. Great with tangy sauces and hard cheeses. It will stand up to beef, lamb, or put an evening on the couch with some jam and a book.

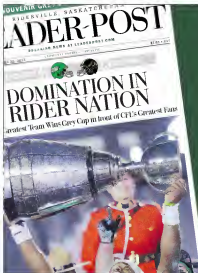
Albano Santa Anastasia, Nero d'Avola, Italy 2010 \$16.99. Best scores!

More wines for accounts on Monday's page or on Twitter @tbruce

Crossword/Sudoku answers

JACOB	CORR	DARA
AROMA	ASAP	AFEM
GEOGRAPHY	STAR	
SAP	BLEAT	PILTY
	LATH	OSTER
EMBER	DWNUD	NSC
VOLTAIRE	MEMOIR	
ADAM	ONLY	AGNE
DECEIT	LIPSTICK	
CLUB	BADGE	HATERS
	PLATE	ADON
EDITH	CARLE	CUT
LYRA	CARLE	URANG
WARD	ONIN	OWETO
ALPS	STAG	XENON

7	9	1	5	8	6	4	2	3
4	6	3	1	7	2	5	8	9
5	2	8	9	4	3	1	6	7
1	7	4	8	6	5	3	9	2
2	3	6	7	9	1	8	5	4
9	8	5	2	3	4	6	7	1
3	5	7	4	2	8	9	1	6
8	4	9	6	1	7	2	3	5
6	1	2	3	5	9	7	4	8



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